



Colour code guide:

Volunteer with primary age (age range 5-10)	Volunteer with secondary age (age range 11-18)	Volunteer with young people in their early careers (age range 16-30)	Volunteer in the workplace (age range 18+)
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BRIGHT STARS: Support primary age children to start a mini social enterprise that makes a difference!

LOCATION	Your local primary school!
COMMITMENT TIME	12 to 20 hours available over a 12-week period next Spring/Summer.
TRAINING AIMS	Bright Stars is an award-winning competition aimed at primary school children across Cumbria. Each school receives £50 in seed funding with a simple instruction to set up their own mini social enterprise over the course of 8 weeks and, through creativity, grow that investment, making a difference to their world and the lives of people around them. CforLP links a local business to its local school to offer guidance and encouragement throughout the trading period. The programme aims are to raise aspirations, ignite interest in the world of work, and nurture creativity in primary pupils.
RESPONSIBILITIES	Volunteering over a 12-week period to support your local primary school in developing a mini social enterprise that makes a profit and a difference.

Help shape CFL's direction and influence activities for young people

LOCATION	Online (MS Teams)
COMMITMENT TIME	Bi-monthly meetings held on the second Tuesday of the month, 5pm-6:30pm
SESSION AIMS	The Cumbria Future Leaders Steering Group is made up of young people, youth boards and organisations who work with young people from across Cumbria. We hold bi-monthly online meetings on Tuesday evenings to help shape and guide activities and events to benefit 16-30year olds in Cumbria.
RESPONSIBILITIES	Looking for dedicated 16-30 year old volunteers to join the CFL Steering Group to help shape CFL's direction, and influence activities for young people as they transition into employment or higher education. We also welcome those outside the age range who work with young people or represent youth organisations.

Speak at, host or facilitate an upcoming Your Voice event for young people

LOCATION	Online (Zoom)
COMMITMENT TIME	4-7pm on either Wed 6 th Nov and/or Wed 4 th Dec
SESSION AIMS	We're hosting exciting Your Voice events for young people aged 16-30. We have volunteering opportunities including speaker roles, hosting and facilitating and supporting promotion.

	<ul style="list-style-type: none"> • Wednesday 6th November – Powering the Future: What Does Nuclear Energy Mean For Us in Cumbria? • Wednesday 4th December – Lead the Change: How Can We Build A More Inclusive Future? <p>Your Voice events provide young people with a space to connect and make a real difference in your community. Find out what's happening locally, and, more importantly, share your thoughts on the issues that matter most to you to influence key decisions shaping your future.</p>
RESPONSIBILITIES	<p>Why Get Involved?</p> <ul style="list-style-type: none"> • You'll have a chance to lead and facilitate these events • Connect with other passionate young people and local organisations • Gain experience in event planning and community engagement <p>Interested? If this sounds like something you'd love to be a part of, drop a message to Rhianna at Rhianna.smith@cforlp.org.uk for a quick chat.</p>

Mentor young entrepreneurs

LOCATION	Online/face-to-face (West Cumbria)
COMMITMENT TIME	Approximately 1 hour a month between January 2025 and July 2025
SESSION AIMS	Positive Enterprise is a programme for 14-25 year olds in West Cumbria. It offers participants the opportunity to win £1,000 funding and an incredible package of support, including mentoring, workshops, and expert advice to help them start their own business. It is delivered in partnership between CforLP and Cumbria Community Foundation.
RESPONSIBILITIES	<p>Mentors will work on a 1:1 basis with a young person, offering support and guidance based on their mentee's specific needs. Ideally mentors will have experience of running/starting a business.</p> <p>Recruitment is being managed by CCF, for further information and to apply please visit their website: https://www.cumbriafoundation.org/transforming-west-cumbria/positive-enterprise/</p>

Share best knowledge and experience with local leaders

LOCATION	Face to Face, various venues
COMMITMENT TIME	1-2 hours from November 2024 to May 2025.
SESSION AIMS	<p>The Leader 2 Leader programme harnesses learning best practice to create a transformational leadership programme that maximises the benefits of social learning from a diverse group of peers.</p> <p>Learn more here</p>
RESPONSIBILITIES	<p>We are looking for 4-5 speakers to come along to one of the L2L workshops and share their wisdom/experience on one of these topics:</p> <ul style="list-style-type: none"> • Strategy • Purpose and values • Managing change • Influencing the organisation • Motivation and engagement • Team development • Performance management • Succession planning

Shadow and gain insights from professionals

LOCATION	Various, dependent on shadowing match
COMMITMENT TIME	3-6 half days over a 6-month period
SESSION AIMS	Shadowing aims to provide a firsthand experience, allowing individuals to learn and gain insights from professionals in a specific role, helping them explore career paths and develop practical skills.
RESPONSIBILITIES	By volunteering to take part in this programme you will be matched with a local leader from another organisation. Together you will explore learning goals for shadowing, host and participate in the shadowing visits and reflect on your learning.

Guide and inspire personal and professional growth through mentoring

LOCATION	Various, face to face and online
COMMITMENT TIME	Approx. 6 sessions over a 6-month period
SESSION AIMS	Mentoring aims to guide and support individuals, fostering personal and professional growth through knowledge sharing, skill development, and confidence-building.
RESPONSIBILITIES	We are looking for volunteers to provide 1:1 advice and guidance, career insights and a sounding board to explore challenges and opportunities. We provide the matching service and also help to set up an effective mentoring relationship in an initial onboarding session. We also help to share learning by bringing mentors and mentees together with other pairs to reflect on their learning.

If you would like to learn about volunteering opportunities, please email info@cforlp.org.uk

Sign up as a volunteer here and encourage your team to do the same:

<https://www.cforlp.org.uk/volunteer-signup-2/>

Learn more about our programmes [here](#)

We offer full guidance and training for all volunteering opportunities